

Sample Breakfast Menu

Monday

WG Pancakes	2 oz eq Grains (2)
½ cup Strawberries	½ cup Fruit (1)
4 oz Grape Juice	½ cup Fruit (1)
Choice of Milk	1 cup Milk (1)
2T Syrup	

Milk Choices:

Skim white, 1% white,
skim chocolate

Tuesday

1 oz Cereal	1 oz eq Grain (1)
4 oz Yogurt	1 oz eq M/MA (1)
¼ cup Raisins	½ cup Fruit (1)
4 oz Apple Juice	½ cup Fruit (1)
Choice of Milk	1 cup Milk (1)

Wednesday

71g WG Bagel	2.5 oz eq Grains (2)
2T Peanut Butter	Extra
1 Orange	½ cup Fruit (1)
4 oz Apple Juice	½ cup Fruit (1)
Choice of Milk	1 cup Milk (1)

Thursday

French Toast Sticks	1.25 oz eq Grains (2)
	1.0 oz eq M/MA
Apple (1 cup)	1 cup Fruit (2)
Choice of Milk	1 cup Milk (1)
2T Syrup	

Friday

2 oz Tortilla	2 oz eq Grains (2)
1 oz Cheese	Extra
1.22 oz Sliced Ham	Extra
1 Banana	½ cup Fruit (1)
4 oz Orange Juice	½ cup Fruit (1)
Choice of Milk	1 cup Milk (1)

Daily Options:

4 oz Yogurt- 1 oz eq M/MA (1)
¼ cup Granola- 1 oz eq Grain (1)
Breakfast Sandwich- 2 oz eq Grain (2)
(57g English muffin, cheese omelet [extra])

Note: items listed above as M/MA are being credited as Grains/Breads. Items listed as EXTRA will not count towards the weekly requirement for Grains/Bread and will not count as a food item for that day. ***Always count the calories and saturated fat from Meat/Meat Alternates (including extras) towards the weekly average.***

Numbers in parentheses are the number of food items each menu item is planned as (ex. WG Pancakes 2 oz eq Grain (2) = 2 food items).